

Table 10.5: Triceps Skinfold Thickness^{1,2}

Triceps Skinfold Thickness (mm)	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate ³	ADL Difficulty	
						Receives No Help	Receives Help
Total	(N=995)	(N=384)	(N=309)	(N=302)	(N=342)	(N=473)	(N=180)
Mean	21.9	24.4	20.8	17.4	21.8	22.0	21.7
Median	20.7	24.0	19.8	17.4	21.0	20.4	19.9
Percent low (≤ 16.3) ⁴	25.6	14.6	29.9	45.9	24.4	24.5	31.3
Percent high (≥ 30.8) ⁵	15.2	22.1	11.6	5.2	14.3	14.9	17.9
Whites	(N=709)	(N=248)	(N=219)	(N=242)	(N=228)	(N=361)	(N=120)
Mean	21.4	24.2	20.4	17.1	21.2	21.6	21.0
Median	20.2	23.3	20.2	17.3	20.8	20.2	19.6
Percent low (≤ 16.3) ⁴	25.3	13.4	28.0	47.1	24.0	24.2	32.0
Percent high (≥ 30.8) ⁵	12.2	20.3	7.6	3.9	10.3	12.7	14.3
Blacks	(N=281)	(N=131)	(N=90)	(N=60)	(N=113)	(N=109)	(N=59)
Mean	23.1	25.0	21.9	18.4	23.1	23.3	23.0
Median	21.1	24.8	19.5	18.7	22.2	20.9	20.7
Percent low (≤ 16.3) ⁴	26.9	17.8	35.5	40.9	25.4	26.3	31.1
Percent high (≥ 30.8) ⁵	23.4	26.4	22.8	10.6	23.0	22.6	25.6

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ Skinfold thickness was usually computed by averaging the first two measures. A third measure was taken if the difference between the first two exceeded 2 mm. If the third measure was within 2 mm of just one of the earlier measures then the average of the two close measures was computed. Otherwise, the average of three measures was used. When a single measure was taken then it was used for the thickness.

² Descriptive statistics are based on weighted data.

³ No ADL difficulty; disabled in two or more domains (see Chapter 1).

⁴ 15th percentile or below, based on data from NHANES I for females age 70 to 74 years in Must A, Dallal GE, Dietz WH. (1991). Reference data for obesity: 85th and 95th percentiles of body mass index (wt/ht²) and triceps skinfold thickness. Am J Clin Nutr 53:839-846.

⁵ 85th percentile or above, based on previous reference.